



The best sugar for the sugar bowl is

Lantic Sugar

Its purity and "fine" granulation give it the highly sweetening power. It dissolves instantly in your teacup or on your breakfast cereal.



"The All-Purpose Sugar"

Guide-Advocate

Watford, Ont.
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PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, NOVEMBER 10, 1916

Possibilities of Flax Production

In The Agricultural War book for 1916 there are several pages devoted to particulars regarding the cultivation of flax in Canada, principally in Ontario, although in Quebec, Manitoba and Saskatchewan the plant is cultivated to some extent. The principal contributor to the subject in the War Book is Mr. James A. McCracken, Secretary of the Canadian Flax Growers' Association, with headquarters at St. Mary's Ont. In giving statistics regarding the somewhat limited cultivation of flax in this country Mr. McCracken says "Canada can do a good deal more in this direction than she is doing. The urgency grows stronger when we appreciate that every acre of flax devoted to fibre purposes means from \$75 to \$100 in exports. Whatever flax we export goes mainly to the New England mills and to Ireland, thereby assisting in relieving, directly or indirectly, the needs of the hour." Mr. McCracken goes a great deal fuller into his subject in a pamphlet issued under the auspices of the Department of Agriculture, Ottawa, entitled "A Review of the Status and Possibilities of Flax production and manipulation in Canada." He sketches

BAD STOMACH TROUBLE

Yields to Delicious Vinol
Shreveport, La.—"I had a bad stomach trouble for years and became so weak I could hardly walk or do any work. My appetite was poor, my food would not digest, I bloated and was very weak and nervous. I tried many remedies without help. I saw Vinol advertised and tried it, and now my stomach trouble is completely cured and I am well."—E. L. MARSHALL.
Vinol is guaranteed to tone up the tired, over-taxed and weakened nerves of the stomach and create strength.
Taylor & Son, Druggists, Watford, Ont., also at the best druggists in all Ontario towns.

the history of the production in Canada, giving figures which show that, despite the prospects, there has been a decrease instead of the apparently warranted increase. However it is satisfactory to know, on the same authority that "the tide of revival is reaching the remoter portions of the former flax area of south Western Ontario" and that the number of flax centres that promised to assume activity this year approached 30. Mr. McCracken gives minute particulars regarding the flax field, its choice and cultivation, fertilizers, seed and sowing, the implements and machinery required after harvesting and for commercial utilization, the use of flax in paper manufacture, marketing, etc. The pamphlet can be obtained free on application to the Publications Branch Department of Agriculture, Ottawa.

From week to week questions political and otherwise, of the utmost importance to the farmer are coming to the front. These questions are in many instances permitted to pass without comment by some newspapers for political reason. That old and reliable friend of the farmer, The Weekly Sun, does not allow any questions affecting the farmer or his family to pass without comment. You may not always agree with its opinion, but the Sun being free from party or political control gives its readers an unbiased opinion on all questions. These opinions are always worth reading, while the Sun's market reports have long been considered most reliable from the farmer's standpoint. Are you reading this exponent of your interests? If not, you are missing many good things each week. You will find the Sun instructive and profitable reading.

Canada Needs More Poultry Great Britain More Eggs.

At no time in the history of the Dominion has the necessity for increased production of eggs and poultry been more apparent than at the present time. The demand is unprecedented. This is true whether for export or for home consumption. Consumers generally and even producers themselves are eating more and more eggs. The average per capita consumption of eggs in Canada this year will be greater than ever before.

The market for Canadian eggs and poultry is very firm. Prices to producers are extremely high, but even at these prices trade is increasingly active all over the country. The prospects for a continued demand are very bright. The country is facing a shortage, not only of current receipts, but of Canadian storage stocks as well. So great has been the export demand that we shall be obliged to import to meet our own requirements. Increased production has never rested upon a more secure foundation.

That poultry on the farm are profitable needs no argument. Eggs now rank as a staple article in the products of the farm. Poultry flocks can be increased materially without much additional outlay for buildings and equipment, and the increased labour involved is not such as will bear heavily upon the time of those charged with the care of the stock. Some object to the present price of feed, but when it is considered that the selling price of the product is from forty to sixty per cent. higher than it was two years ago, the margin of profit is such as will compare favourably with that obtainable elsewhere on the farm.

Canadian egg producers have responded well to the call for increased production. The country as a whole which was importing eggs a few years ago, has, in the aggregate, produced more than sufficient for its own requirements this year and last. Between seven and eight million dozen Canadian eggs were exported to Great Britain last year, and as an indication of what is going forward this year, nearly one million dozen were shipped during the first week of October. Yet the supply on the British market is still short, and there is a demand for many millions more. Increased production, more and better poultry, should be the motto of every Canadian farm and homestead.

Canada has all the requisites for the production of a quantity far in excess of her own requirements, and with her favourable climatic conditions can, with proper care and at-

tention, produce quality equal to the best in the world. Only the fringe of production possibilities has been touched up to the present. The Western Provinces, with their volumes of cheap feed, are the natural home for the Canadian hen. The bulk of the surplus at the present time comes from the provinces of Ontario and Prince Edward Island, Nova Scotia, New Brunswick, and Quebec do not produce sufficient for their own requirements. They must do more; and there is now an opportunity for the Western Provinces of Manitoba, Saskatchewan, and Alberta to demonstrate to Canada and the Empire as a whole what they can do in this connection in this great hour of trade expansion. The first experimental shipments of eggs from Winnipeg to the British market are either now, or soon will be, on their way, and it is hoped that the increase in production in the Western Provinces in the ensuing year will be such as to warrant the opening up of a big trade in this direction.

Eggs are scarce in Canada at the present time. Current prices are high, and a sharp decline immediately following the conclusion of the War is not anticipated. When prices advance gradually, as has been the case in staple food products, they decline slowly. It will take some years to re-establish the normal meat supply upon the markets of the world, and while prices of meats are high, people will continue to use increasingly large quantities of eggs. This condition will naturally be reflected in the matter of price. This is the situation. Readers may draw their own conclusions.

An Institution

The Stores Department of the British Red Cross is an institution in itself. There is nothing required for the equipment of a hospital or the comfort of a sick or wounded sailor or soldier that is not available. The remarkable thing is that these supplies are available, not only for Red Cross hospitals, but wherever there is need—in A. M. C. hospitals, hospital trains and ships, ambulances, rest stations; and not only for British troops, but for those of the Allies as well. Millions of dollars have been spent in this department, and hundreds of thousands of workers have given their services voluntarily to make possible this all-important branch of the work. Some of the materials supplied are: chloroform, X-ray outfits, tooth brushes, soap, shirts, blankets, fresh eggs and milk, kitchen equipment, fodder, boilers, ice machines, mosquito netting.

The Ten Commandments

Thou shalt not wait for something to turn up, but thou shalt pull off thy coat and go to work that thou mayest prosper in the affairs and make the word "failure" spell "success."

Thou shalt not be content to go about thy business looking like a loafer, but thou shouldst know that thy personal appearance is better than a letter of recommendation.

Thou shalt not try to make excuses, nor shalt thou say to those who chide thee, "I didn't know."

Thou shalt not wait to be told what thou shalt do, nor in what manner thou shalt do it, for this may thy days belong in the job which fortune hath given thee.

Thou shalt not fail to thine own integrity, nor shalt thou be guilty of anything that will lessen thy respect for thyself.

Thou shalt not covet the other fellow's job nor his salary, nor the position he has gained by his own hard labor.

Thou shalt not be afraid to blow thine horn, for he who faileth to blow his own horn at the proper occasion findeth nobody standing ready to blow it for him.

Thou shalt not fail to live within thine income, nor shalt thou contract any debts, when thou canst not see thy way clear to pay them.

Thou shalt not hesitate to say "no" when thou meanest "no" nor shalt thou fail to remember that there are times when it is unsafe to bind thyself to a hasty judgment.

Thou shalt give every man a square deal. This is the last and the great commandment and there is none other like it. Upon this commandment hangs all the law and profits of the business world.—Business World.

The immense majority of Indian women in India is totally uneducated—the rate of literacy among them is about one per cent. It is not in the nature of the women to consider questions of general interest.

A new cover for milk pails is so shaped that it serves as funnel and strainer during milking and also as a protected spout for pouring out its contents.

The Cuban government has ordered all bakeries to install bread making machinery on the ground that mixing dough by hand is dangerous to public health.

Believing that mountain climbing develops the nerves as well as the muscles, a Philadelphia physical director has his pupils climb the sides of quarries.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of *Chas. H. Fletcher*

In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

Seasonable Suggestions

Cow Chains
Cow Stanchions
Lanterns, Gloves,
Padlocks
Stovepipes
" Elbows
Coal Skuttles
Ash Sifters

Furnaces
Ranges
Base Burners
Stoves
Washing Machines
Chemical Closets
Paints
Varnishes.

WATFORD'S LEADING HARDWARE

T. DODDS & SON

No Belief

There is no unbelief: Whoever plants a seed beneath the sod And waits to see it push away the clod He trusts in God.
Whoever says when clouds are in the sky "Be patient, heart; light breaketh by and by." Trusts the Most High.
Whoever sees 'neath winter's field of snow The silent harvest of the future grow, God's power must know.
Whoever lies down on his couch to sleep Content to lock each sense in slumber deep, Knows God will keep.
The heart that looks on when the eyelids close, And dares to live when life has woe, God's comfort knows.
There is no unbelief; And day by day, unconsciously, The heart lives by that faith the lips deny, God knoweth why!
—Edward Robert Bulwer Lytton.

Be Honest With Yourself And Us

Figure out at the cost of flour and see for yourself if you can bake as cheap as we can supply you.
All we ask is that you figure honestly.
Bread at 8c for 1 1/2 lbs. is there any other food as cheap?
Give Ours A Trial

LOVELL'S

Newspapers soon will be Five Cents Each
Hamilton, Nov. 1.—William P. Goodspeed, general manager of The Buffalo Evening News, and president of the Buffalo Ad Club, was the guest of honor and principal speaker at the luncheon of the Hamilton Ad Club.
Mr. Goodspeed predicted that owing to the increase in the cost of white paper the time was not far distant when every newspaper published in America would not be sold for less than five cents a copy. Newspaper advertising was much more beneficial and cheaper than circulars and letters, he proved.
Today advertising in the newspapers was looked upon as news.

The Russian government has signified its intention to supply funds for the publishing of a children's magazine which will be edited by two women.
A new thief proof shopping bag for women cannot be opened as long as it is fastened to its owner's wrist.
Mothers Value This Oil.—Mothers who know how suddenly croup may seize their children and how necessary prompt action is in applying relief, always keep at hand a supply of Dr. Thomas' Electric Oil, because experience has taught them that there is no better preparation to be had for the treatment of this ailment. And they are wise, for its various uses render it a valuable medicine.